Simple and Satisfying SNACK IDEAS

Looking for some nutrient-rich snack ideas to keep you fueled and satisfied throughout the day?

Try some of these tasty snack pairings:

Peanut (or other nut butter) with:

Apples or bananas

Celery

Whole-grain crackers

Pretzels



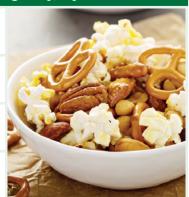
If you're craving something salty, try:

Air-popped popcorn

Pretzels

Roasted nuts or trail mix

Jerky



Low-fat Greek yogurt with:

Fresh fruit

Granola

Cereal

Make into dips or smoothies



If you're craving something sweet, try:

Granola bar

Smoothies made from low-fat yogurt

Fresh, dried, or frozen fruit

Individually-wrapped dark chocolate



Hummus or other low-fat dips with:

Whole-grain pita

Fresh veggies (cucumbers, peppers, carrots, etc.)

Pretzels

Baked chips



If you're craving something savory, try:

Hard-boiled eggs

Low-fat cheese

Instant oatmeal

Low-fat dips or salsa

